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MONTHLY

# INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals  
and groups promoting nutrition education

WAR FOOD ADMINISTRATION, Office of Distribution

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No. 1

## EAT A LUNCH THAT PACKS A PUNCH

If you work where lunch cannot be purchased on the job, watch for the post-lunch lag!

It is the lag that creeps up on you a few hours after eating. It lets production slump and makes you tired and cross. It is not the weight of the lunch box alone that prevents this lag. The quality, as well as the quantity of food the lunch box contains, packs the punch that licks this lag.

Quality foods are those which provide plenty of essential vitamins and minerals. Without these essentials the body becomes sluggish and easily tired.

The War Food Administration has a pamphlet called "Eat a Lunch that Packs a Punch." If you want some helpful hints, get this pamphlet. Single copies are available, free, from the Office of Distribution, War Food Administration, Washington 25, D. C. Additional copies may be purchased at \$1.00 a hundred from the Superintendent of Documents, Washington, 25, D. C. Ask for USDA-NFC-8.

## PACKED LUNCH QUIZ

Here's a lunch box quiz for lunch packers. If you know all the answers you have the "know how" to pack a lunch that packs a punch.

1. How can you improve this lunch?  
Jelly sandwiches on white bread, potato chips, soft drink and doughnuts.
2. What are the six foods that should be in a packed lunch that packs a punch?
3. Can you name 4 short cuts in preparing packed lunches?
4. Are salad dressing and mustard flavored "spreads" a good way to save ration points used for butter?
5. Why does peanut butter alone or in combination with other foods make a good sandwich filling?
6. What meats that are plentiful and require no ration points can you use for sandwich fillings?
7. What are the most common complaints about packed lunch sandwiches?

## PACKED LUNCH QUIZ ANSWERS

1. Substitute: Cheese or egg salad sandwiches on whole wheat or enriched bread, whole tomato, raw carrot strips, oatmeal cookies, and milk.
2. Fruit, vegetable, milk, bread (enriched or whole grain), butter (or fortified margarine), and a protein food (such as meat, fish, poultry cheese, peanut butter or egg).
3. (a) Keep lunch box food and equipment together  
(b) Have butter and spreads soft for ease in spreading on bread.  
(c) Spread more than one slice at a time.  
(d) Plan ahead.
4. No-because they are not a substitute for the food values in butter.
5. Peanut butter is a rich source of protein and the B vitamins.
6. Utility grade beef; certain cuts of pork, chopped liver, sliced boiled fresh or smoked tongue.
7. Too dry, too soggy, too stale; not enough fillings; no butter; not enough variety.

## PLENTIFUL FOODS

Onions, small white potatoes, and apples are expected to be plentiful in the Northeast Region during the month of October.

Other foods that will be available in quantity are canned green beans; frozen vegetables and frozen baked beans; citrus marmalade, peanut butter, apple butter; dry mix and dehydrated soups; soya flour, grits, and flakes, wheat flour and bread; macaroni, spaghetti and noodles; oatmeal.

## SAVE THEIR SKINS

Here are some suggestions for saving valuable nutrients which are often condemned to the garbage pail by careless "skinning".

Serve fruits and vegetables raw, skins included, whenever possible. Fresh young carrots need not be scraped. Just scrub them well and eat them whole, sliced, diced, grated, etc. Apples, peaches, plums and tomatoes need only be washed well. Diced apples and plums for salads are more attractive and nutritious with their skins on.

The skins of lemons, oranges can be grated and used for flavoring in cakes, puddings, etc. Citrus skins make delicious marmalade and confections, too.

Cooking fruits and vegetables with their skins on is the preferred way. Therefore, serve baked potatoes and apples often. Boil potatoes and beets in their skins. When they are done, quickly dip them in cold water, and the skins will slip off easily, with very little of the pulp wasted.

A different kind of skin -- the kind that forms of milk -- contains some of the proteins and fats. Avoid the formation of this skin by covering the milk or stirring it while heating. The scum is formed when the milk is heated in an uncovered vessel without stirring. If the milk must stand uncovered, beating it with a Dover egg beater will help to prevent scum formation.

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